A HAND BOOK OF

COMMON REMEDIES IN SIDDHA SYSTEM OF MEDICINE

Central Council For Research In
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CENTRAL COUNCIL FOR RESEARCH IN
INDIAN MEDICINE AND HOMOEOPATHY

A HAND BOOK OF COMMON REMEDIES BASED ON SIDDHA SYSTEM OF INDIAN MEDICINE

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FOREWORD

The Central Counil for Research in Indian Medicine and Homoeopathy, *with a view to make available the knowledge* of use of simple remedies in the treatment of simple and uncomplicated ailments seen commonly in day to day life, has brought out this handbook It is felt that any average intelligent individual will be able to successfully and suitably use the material presented herein and this certainly minimises running for across the counter-remedies that are of prohibitive cost The drugs listed in this, being safe and easily available, the indidual neither faces difficulty to obtain the drug nor will he develop any untoward symptom or reaction Normally, in case of most diseases, commencement of early treatment prevents *further agravation of the disease or its culmination* into a major condition Most of the diseases commonly seen *do not call for any specialised interference or treatment* At best, any simple measure that can assist the natural process may only be considered and the book is expected to meet this in most cases At the time when there is a large pouring in of new and newer drugs in the country, tendency for misuse or improper use is great and they ultimately trigger the onset of new group of diseases known by the name iatrogenic diseases that are worse than the original condition

*The handbook places in the hand of the readers time hon*oured remedies evolved out of experience that are simple to use and easy to obtain It is hoped that the various remedies listed in the book will find a wide acceptance with physicians and others, since it brings medicare to the doorstep The publication of this book would not have been possible but for the constant encouragement and sustained interest evinced by *Dr Karan Singh, Honourable Minister for Health and* Family Planning, Government of India, New Delhi who is also the President of our Council The Council will be releasing similar hand books for other systems of medicine also in course of time •

New Delhi
9th September, 1975

(P N V. KURUP)
DIRECTOR

PREFACE

Even Saint Agasthiyar dealt fully on home remedies in his work on '**Vaidya Kummi**' (a kind of folk–dance–song) It is also a known fact that about 70 per cent of the ailments are simple and can be treated symptomatically, with simple household remedies Elderly people in the rural areas have learnt by tradition and experience the application of simple home remedies readily available from their '**anjaraipetti**' (Kitchen spice box) and kitchen garden as also drugs freely available in the common bazaar The experience and knowldge about household remedies for simple ailments gained by the elder generation, due to various reasons, chief among them being the trend towards urbanised living and the non–survival of the joint family system in the present days

The documentation of the above knowledge at this moment is worthwhile and will give a fillip to the proper growth and appreciation of Siddha System of Indian Medicine and its utilisation in the overall pattern of our existing medical relief organisation, specially in the rural areas While selecting the drugs, the experts have kept in mind their easy availability, efficacy and cheapness Further, it is needless to say that the remedies included in this brochure are used extensively from time immemorial They will not produce any side effects, reactions or toxicity in the prescribed dosage They may even be taken with any other medicaments, if advised and found necessary

Madras
11th December, 1973

R. Thyagarajan (Dr)

INDEX OF COMMON AILMENTS

I NON-SPECIFIC FEVERS

(Jwaram)

Signs and Symptoms

Rise in temperature, headache, running in the nose, cough, pain all over the body

SIMPLE REMEDIES

1. Nilavembu kudineer

Ingredients

1.	Nilavembu (chiratta)	8 g.
2.	Vettiver (khuskhus black)	8 g.
3	Vilamitchanver (khuskhus white root)	8 g.
4	Chandanam (sandalwood)	8 g.
5	Peipudal (wild snake gourd)	8 g.
6	Koraikizhangu (nut grass)	8 g.
7	Chukku (dried ginger)	8 g
8	Milagu *(black pepper)*	8 g.
9	Thippali (long pepper)	8 g.
10	Parpadagam (bitter hair flower)	8 g

Method of *preparation*

Powder the above drugs coarsely in a mortar, add four cups of water, boil and reduce to one cup.

Dose

Half-a cup, twice daily, before food.

2 Nochi kudineer

Ingredients

1. Nochi elai (negundo tender leaves) — one handful
2. Milagu (black pepper) 8 g.

3. Poondu (garlic) 4 g.
4. Kammaru vettrilai (betel leaf-black variety) 10 numbers

Method of preparation

Add to the above drugs 8 cups of water, boil and reduce to one cup.

Dose

Half-a-cup, twice daily, before food Can also be used for fever with shivering.

3. Thulasi kudineer

Ingredients

1. Thulasi (sacred basil) — 1 handful
2. Milagu (black pepper) — 5 g (1 teaspoonful)
3. Arugampul (hariali couch grass) — handful

Method of preparation

Add to the above mentioned ingredients four cups of water, boil and reduce to one cup.

Dose

Half-a-cup, twice daily, before food.

PREPARED MEDICINES

1. Chandachandrodayam pills — 1 to 2 pills with honey or betel leaf juice. (used in fever with constipation also)
2. Vasanthakusumakaram pills— 1 to 2 pills with honey. (also useful in fever associated with eructation, sneezing and thrist)

II WHOOPING COUGH
(Kakkuvan Irumal)

Signs and Symptoms

Paraoxysmal cough with whoop, vomiting, occasionally passing motion and urine during the attack.

SIMPLE REMEDIES

1. Vasambu
(sweet flag)

Method of preparation

Powder the Vasambu finely.

Dose

2 pinchful (250 mg.) three times a day.

Vehicle (Anupanam)

White of an egg.

2. Thuthuvelai Nei

Ingredients

1.	Thuthuvelai (climbing brinjal) juice	150 ml.
2.	Pasu nei (Cow's ghee)	150 ml.
3.	Koshtam (costus)	4 g.

Method of preparation

Powder the koshtam, add it to the mixture of 1 and 2, boil to dehydration till it is reduced to ghee pakam.

Dose

½ to 1 teaspoonful, twice daily, with warm water.

PREPARED MEDICINES

1 Adathodai (vasaka) manappaku	— ½ to 1 teaspoonful with warm water.
2 Kakkuvan leghyam	— 3 to 5 drops, 3 to 4 times a day.

External medicines

Karpoorathi thailam (for application on the chest)

III. MEASLES

(Manalvari Ammai, Chitchilupai)

Signs and Sypmtoms

Cold, fever, sneezing, redness of the conjunctiva, watering of the eyes, cough, appearance of specific rash and small white spots in the mouth.

SIMPLE REMEDIES

1, Gorochanai (ox gall)

Dose

120 mg. of gorochanai to be mixed with 1 to 2 teaspoonful of karpooravalli (Indian borage) juice and given twice daily. Gorochanai can also be given with milk or water.

2. Guru barpam (old leather ash)

Method of Preparation

Burn the old leather and convert into ash.

Dose

120 mg. twice daily.

Vehicle (anupanam)

With cooled hot water.

Note : It is also useful in small pox and chicken pox.

PREPARED MEDICINES

1. Mankombu barpam (sirungi barpam) — 200 to 400 mg. twice daily.

Vehicle (anupanam)

Butter or ghee.

For bath

Veppilai (neem leaves) and manjal (turmeric) paste mixed in water.

Take neem leaves — 35 g. turmeric — 10 g. and couch grass 5 g., grind with buttermilk (sufficient quantity), apply to the whole body, bathe in lukewarm water on alternate days, three times.

For ulcers

Pulien vitthu thol ennai (tamarind rind oil)

Method of preparation

Take the rind of fried tamarind seeds, mix with coconut kernel flower, extract milk, boil to thaila pakam and extract oil, for local application to the pustules and ulcers of small pox.

IV. COMMON COLD

(Jalathodam, Neerkovai)

Signs and Symptoms:

Sneezing, sore throat, watery nasal discharge, mild cough.

SIMPLE REMEDIES

1. Milagu Kudineer

(Pepper decoction)

Method of preparation:

Take 5 g. of powdered pepper, add 4 cups of water and prepare decoction reducing to one cup.

Dose:

½ to ¾ cup, twice daily.

Used also in sore throat, laryngitis, pain in abdomen. It is also used as an antidote for mercury, perchloride of mercury and arsenic poisoning.

2. Inji (ginger) juice

Method of Preparation :

Take 10 g. of ginger, grind it in a mortar and extract the juice. Heat the juice to boiling point in a mud pan. After cooling, use the supernatant fluid.

Dose :

10 to 12 ml. (2 to 4 teaspoonful), twice a day.

Can be used in nausea and also as an appetiser.

Aavipidithal (vapour bath) :

Prepare a decoction of nochi (negundo) leaves and place a red hot brick in it. The vapour is inhaled by covering the body with a blanket.

Pugalloottal (Fumigation) :

Mix equal parts of sambirani (benzoin) and manjal (turmeric) powder and use it for fumigation in common cold.

PREPARED MEDICINES

1. Chandachandrodayam pills — 1 pill, twice daily with honey.
2. Mukkadu Illagam (thirukaduguleghyam) — Simple preparation; can be prepared at home in the following manner.

Method of preparation :

Take dried ginger, pepper and long pepper, 35 g. each., (seeragam), cumin seeds lavangam (cloves) and cardomom (elakkai), 17½ g. each, and powder them. Prepare treacle of 175 g. palm jaggery, add the powder and prepare leghyam. In the final stage add 180 ml. ghee and 25 ml. honey respectively.

Dose :

2 g. twice daily, for 20 days.

Useful in abdominal colic, dyspepsia, burning sensation, diarrhoea, loss of appetite, flatulence and vomiting.

V. IRUMAL

(Cough) (Bronchitis)

Signs and Symptoms:

Irritating cough, pain in the chest, cough with expectoration, sometimes with slight rise of temperature.

SIMPLE REMEDIES

1. Adathodai decoction

Method of preparation

Take two or three adathoda (vasaka) leaves, fry them adding little honey, add 2 g each of powdered athimathuram (liquorice root), thalisapatri (many spined flacourtia) and long pepper. Prepare decoction adding 400 ml. water and reducing to one fourth.

Dose:

30 to 60 ml. thrice daily.

Note: Also useful in fever, cough and asthma.

2. Adathodai manappagu

Take *Adathoda Vasaka nees* 175 g., cut into small pieces, add 2 litres of water. Prepare decoction reducing to ¼th and filter. Add 175 g. of sugar to the decoction, filter again and boil it to a syrupy consistency.

Dose:

10 to 20 ml., mixed with cooled boiled water, thrice daily.

Indications:

Common cold, cough, fever, asthma, whooping cough, etc.

3. Chitharathai kudineer

(Lesser galanga decoction)

Ingredients:

1. Chitharathai	— Lesser galanga	—	8 g.
2. Perichan	— Dates	—	8 g.
3. Chukku	— Dried ginger	—	8 g.
4. Athimathuram	— Liquorice	—	8 g.

Method of preparation :

Take the above drugs, powder them coarsely, bundle the powder in a cloth, boil in a mixture of 30 ml. of milk adding equal quantity of water in low heat and decant it. Add 8 g. of powdered palm sugar candy (small variety).

Dose :

30 ml., twice daily, for 5 days, with honey.

PREPARED MEDICINES

1. Thalisadi choornam — 1.5 g with honey twice daily.
2. Thalisadi vatakam — 1 tablet, twice daily
3. Kastoori karuppu — 50 to 100 mg. 2 to 3 times a day, with honey.
4. Pravala barpam — 100 to 200 mg. with butter or ghee.

Thalisadi choornam can also be used for indigestion and dyspepsia.

Thalisadi vatakam can also be given for diarrhoea and sprue syndrome.

VI. BRONCHIAL ASTHMA

(Iraippu-Irumal)

Signs and Symptoms

Tightness in the chest, dyspnoea on exertion, the patient adopts an upright position wheezing, unproductive cough.

SIMPLE REMEDIES

1. Adathodai Kudineer
2. Adathodai manappagu

} Refer under cough

3. **Swasakudoori Pills**

Ingredients

1. Vellerukkupoo (white muder flowers) — 1 part
2. Milagu (black peppar) — 1 part

Method of preparation

Grind 1 and 2 above and roll into pill size of a Gunja—kundumani (abrus precatoriaus seed) (125 mg.)

Dose

1 to 2 pills, with one betel leaf.

PREPARED MEDICINES

1. Thalisadi choornam
2. Thalisadi vatakam
2. Pavala barpam

} Refer cough for dose

4. Kastoori Karuppu — 50 to 100 mg. with honey twice daily.

For external use and for fomentation

1. Kukkil *thailam*
2. Karpoorathi thailam

For inhalation

Black datura *flowers* (*Umattai* elai) dried with (vediuppu) or black datura flowers as such.

VII. TONSILLITIS

(Annakku *Thooru* Veekkam or Lasunathabitham)

Signs and Symptoms

There is swelling and redness of both *tonsils*, dryness and soreness *of* the throat, pain on swallowing, *sometimes accompa*nied by fever.

SIMPLE REMEDIES

1. Karpooravalli (indian borage)

   to be chewed well and swallowed thrice daily

2. Garlic and honey throat paint (poondu and then poochu)

Method of preparation

Make a paste of garlic, smear it on a piece of cloth, warm it on a low flame and squeeze the juice Add equal quantity of honey and swab the inflamed tonsils

PREPARED MEDICINES

Sangu barpam—100 to 200 mg with milk, ghee or butter

Note Useful also in abdominal pain and skin diseases

VIII LARYNGITIS

(Thondai Kattu)

Signs and Symptoms

The throat will be dry and sore Voice will be hoarse Dry cough and occasional fever will be present

SIMPLE REMEDIES

1 Akkarakara choornam (Pyrethrum root powder)

Method of preparation

Make a fine powder of akkarakaramver (Pyrethrum root)

Dose

300 to 600 mg, with warm water, twice a day.

Increases the flow of saliva, useful in hoarse voice, thirst toothache, enlargement of the uvula

2 Karuvelampatti kudineer (*Acacia arabica* willed bark)

Ingredients

1. Karuvelampattai (Acacia arabica willd bark) 30 g.
2. Kalipakku (betel nut) 2 g.
3. Kasikatti (black catchu) 2 g.
4. Masikkai (oak galls) 2 g.
5. Padikaram (alum) 2 g.

Method of preparation

Powder all the above drugs, and 2 litres of water and prepare the decoction, reducing to ¼th.

Useful for gargling in sore throat, and for stomatitis.

PREPARED MEDICINES

1.	Thalisadi choornam	Refer under cough.
2.	Thalisadi vatakam	Refer under cough.
3.	Vasanthakusumakara pills	1 to 2 pills, with honey, twice daily.
4.	Kastoorikaruppu	50 to 100 mg, with honey, twice daily.
5	Gorochanai	rubbed in breast milk useful in children.

IX. GINGIVITIS

(Palleeruveekkam)

Signs and Symptoms

The gums are swollen, painful and reddish.

SIMPLE REMEDIES

1. Thripalai koppuli kudineer (Thiripala decoction gargle)

Ingredients

1. Kadukkai (chebulic or black myrobalam) 10 g.
2. Nellikkai (myrobalam embelic (amla)) 10 g.
3. Thanrikai (balleric myrobalam) 10 g.

Method of preparation

Take the pulp of each of the above ingredients, make it into a coarse powder, add 800 ml. of water, and prepare decoction by reducing to ⅛th.

Dose

10 to 60 ml, for gargling, as required.

Note: Useful for washing ulcers.

2. Nallennai koppulippu (gingelly oil gargle)

X. STOMATITIS

(Vaippun)

Signs and Symptoms

The gums and mouth are reddish and painful. The tongue may be swollen. Foetid smell of the breath.

SIMPLE REMEDIES

1. **Padikara neer Koppulippu** (alum water gargle)

Methood of preparation

Take 3.5 g. of alum and dissolve in 1 litre of water. Use it as a gargle and for washing ulcers and wounds.

2. **Karuvelampatti Kudineer** (*Acacia arabica* willd bark decoction) (See under Laryngitis)

3. **Alampattai Koppulippu Kudineer** (Banyan bark decoction gargle)

Method of preparation

Banyan tree bark — 30 g.

Crush the bark and add 1 litre of water and prepare decoction, and gargle as often as required.

4 Manathakkali elai (black night shade leaf) and Pachai payaru paruppu (green gram) prepared into a side dish and taken along with food

5 Thripiai Koppuli Kudineer (Thripala decoction gargle) (See under Gingivitis)

6 Muttai venkaru with pasumpal (White of egg mixed with Cow's milk)

PREPARED MEDICINES

1 Silajat barpam — 0 5 to 1 g with butter or ghee twice daily

2 Padikara barpam — 200 to 300 mg with butter or ghee, twice daily

3 Kungilya vennai — areca nut size (6 to 12 g)

Note, The above medicines are used in burning sensation during micturition, gonorrhoea

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XI GLOSSITIS

(Akkaram)

Signs and Symptoms

There will be ulceration in the tongue

Treatment

The treatment indicated for Stomatitis may be adopted for this disease also

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XII. GASTRITIS

(Gunmum)

Signs and Symptoms

Loss of appetite, nausea, vague discomfort in the epigastrium, heart burn, giddiness, sometimes vomiting and diarrhoea.

SIMPLE REMEDIES

Milagu seeraga kudineer (black pepper and cumin seeds decoction)

Method of preparation

Take pepper and cumin seeds, each 5 g., add 200 ml. water and prepare decoction reducing to ¼th.

Dose

50 ml. twice daily.

Abdominal pain will also be relieved.

2. Milagu seeraga podi (black pepper and cumin seeds powder).

Method of preparation

Fry the above mentioned drugs in equal parts and make a fine powder.

Dose

1 g., twice daily with warm water

PREPARED MEDICINES

1. Uppu chenduram — 100 to 200 mg., twice daily, with water.
2. Panchadeepakkini choornam — 0.5 to 1 g., twice daily with water.
3. Gunmakudori leghyam — 1 g., twice daily with water.

XIII. CONSTIPATION

(Malakattu, Malabantham)

Signs and Symptoms:

Unable to pass motion in the normal course.

SIMPLE REMEDIES

1. **Kadukkai kudineer** (chebulic myrobalan decoction)

Method of preparation

Take 15 g. of the pulp of the above drug, add 400 ml. water, boil and reduce to ¼th.

Dose

½ to 1 cup, before bed time.

2. **Drakshai kudineer** (dried grapes decoction)

Ingredients

1.	Ularntha drakshai (dried grapes)	— 60 g.
2.	Elakkai (cardomom)	— 60 g.
3.	Seeragam (cumin seeds)	— 1 teaspoonful
4.	Valmilagu (tail pepper)	— ½ teaspoonful
5.	Roja poo (rose flower)	— 6 nos.

Method of preparation

Take the above mentioned drugs, powder them coarsely, add 1 litre of water, boil and prepare decoction by reducing to ¼th.

Dose

60 to 100 ml. with palm sugar candy (small variety), twice daily. Silajat barpam also can be added.

PREPARED MEDICINES

1. Nilavagai choornam — 1 to 2 g., with warm water, once at bed time.

Note: Also useful for loss of appetite and abdominal bloating.

For constipation in infants :

Mix equal parts of vilakkennai (castor oil) and mulaipal (breast milk) and administer one teaspoonful, followed by warm water after 15 minutes.

XIV. DIARRHOEA
(Bedhi)

Signs and Symptoms

Passing loose motions, often due to indigestion, pain in the lower abdomen, occational vomiting.

SIMPLE REMEDIES

1. **Chukku milagu choornam** (dried ginger and black pepper choornam)

Method of preparation

Take equal parts of the above drugs, fry and make a fine powder.

Dose

1 g. twice daily, with water.

2. **Chukku milagu kudineer** (dried ginger and black pepper decoction)

Take 5 g. each of the above mentioned drugs, powder them, add 200 ml. of water and prepare decoction reducing to ¼th.

Dose

50 ml. thrice daily.

PREPARED MEDICINES

1. Thair chundi choornam — 2 to 3 g. with warm water, twice daily.

2. Chundai vatral choornam — 1.5 to 2 g., with buffalo milk, curd, twice daily.
3. Annabedi chenduram — 100 to 200 mg , with honey, twice daily.
4. Padigalinga chenduram — ½ to 1 g., with buttermilk twice daily.

If there is fever with diarrhoea, padigalinga chenduram should be administered with honey.

FOR DIARRHOEA IN CHILDREN

SIMPLE REMEDIES

1. **Poduthalai kudineer** (*lippia* decoction)

Method of preparation

Take a handful of lippia leaves, add 5 g. of ajowan, add 200 ml. of water, and prepare decoction reducing to ¼th.

Dose

15 to 30 ml., thrice daily.

PREPARED MEDICINES

1. Aamaiodu barpam (tortoise shell calx) — 100 to 200 mg., with honey or breast milk, thrice daily. Useful in diarrhoea due to acidity.
2. Nathai barpam (snail calx) — 200 to 400 mg , with water, thrice daily.

XV. DYSENTERY

(Raktha Seetha Bedhi)

Signs and Symptoms

Passing freqnent motions, mixed with mucus and blood, colicky pain, tenesmus pain in the lower abdomen.

SIMPLE REMEDIES

1. Kadukkaipoo kudineer (chebulic-myrobalan flower decoction)

Ingredients

1. Kadukkaipoo (Chebulic-myrobalan flower)
2. Athividayam (Indian atees)
3. Sirunagapoo (Iron wood flower)

Method of preparation

Take 5 g. each of the above drugs, pound them well in a mortar, add 200 ml. of water, prepare decoction reducing to $\frac{1}{8}$th.,

Dose

30 to 50 ml., twice daily.

Note : This is also used in diarrhoea.

2. Mangustan thol kudineer (mangosteen skin decoction)

Ingredients

1. Mangustan thol (mangosteen skin)	—	25 g
2. Thania (coriander seeds)	—	12 g.
3. Seeragam (cumin seeds)	—	12 g.

Method of preparation

Take 25 g. of mangosteen fruit skin and pulp, 12 g. each of coriander seeds and cumin seeds, add 500 ml. of water and prepare decoction reducing to $\frac{1}{8}$th.

Dose

50 ml to 100 ml., twice daily.

PREPARED MEDICINES

1.	Annabedi chenduram	— 100 to 200 mg., with honey, twice daily.
2.	Silajat barpam	— ½ to 1 g., with butter, ghee or milk.
3.	Nathai barpam	— 200 to 400 mg., with butter, ghee or water.
4.	Padigalinga chenduram	— ½ to 1 g, with ghee, butter or buttermilk.
5.	Kabada mathirai	— 1 tab., 2 or 3 times a day, with honey or plantain flower (vazhaipoo) juice.

FOR DYSENTERY IN CHILDREN

SIMPLE REMEDIES

1. Jathikkai podi (nutmeg powder)

Method of preparation

Make a fine powder of the above mentioned drug.

Dose

150 to 300 mg., with honey or water, thrice daily.

2. Amman pacharisi kudineer (Australian asthma weed decoction)

Ingredients

1. Amman pacharisi (australian asthma weed decoction — 1 part)
2. Masikkai choornam (gall: dyer's oak powder) — ½ part

Method of preparation

Mix the above drugs, add 200 ml. water and prepare decoction reducing to ¼th.

Dose

15 to 30 ml., thrice daily.

XVI. HICCUP

(Vikkal)

Signs and Symptoms

Hiccup frequent or occasional.

SIMPLE REMEDIES

Ingredients

1	Thippili (long pepper)	—	1 part
2	Seeragam (cumin seeds)	—	1 part
3	Mayiliragu chutta chambal (burnt ash of peacock feather)	—	1 part

Method of preparation

Powder and sieve the ingredients 1 & 2. Mix the powder with No. 3.

Dose

12 g., with honey, as often as required.

2. **Nandu Kuzhineer (Crab's burrow water)**

Dose

30 to 50 ml., as often as required.

3. **Chutta karumbu charu with elam**
(Roasted sugarcane juice with cardomom power)

Method of preparation

Split sugarcane, place cardomom powder in between and subject it to the heat of the extinguishing fire of the oven. The extracted juice is given in nausea and hiccup.

Dose

30 to 50 ml.

PREPARED MEDICINES

1	Vasantha kusumakara mathirai	—	1 to 2 pills (100 mg. each) with honey, twice daily.
2	Kastoori karuppu	—	50 to 100 mgs. 2 to 3 times daily.

XVII VOMITING

(Vanthi)

Signs and symptoms

Vomiting often undigested food material, thirst

SIMPLE REMEDIES

1 Elakkai, Seeragam kudineer (Cardomom, cumin decoction)

Method of preparation

Take Cardomom 2 g , cumin seeds 4 g , powder them and add 200 ml water, Prepare decoction reducing to ¼th

Dose

30 to 50 ml , twice daily

2 Elumitcham kottai thenil kuzhaithu koduthal (Lemon seeds rubbed in honey and administered)

3 Uppu elumitchai oorugai (Lemon pickles)

PREPARED MEDICINES

1 Jathi jambeera kuzhambu	—	20 to 50 mg , twice daily
2 Mathulai manappagu	—	2 to 4 tea spoonful, thrice daily
3 Elathi choornam	—	1 5 to 3 g , with honey twice daily
4 Kesari kuzhambu	—	3 to 6 g , twice daily
5 Narathai leghyam	—	3 to 6 g , twice daily

XVIII HAEMATEMESIS AND HAEMOPTYSIS

(Raktha Vanthi, Raktham Thupputhal)

Signs and Symptoms

Vomiting and spitting of blood

SIMPLE REMEDIES

1. **Imbural kudineer** (*Olden landia umbellata* Linn decoction)

1	Imbural verpattai (Olden landia root bark)	—	10 g.
2	Athimathuram (liquorice)	—	4 g.

Method of preparation

Take the above two drugs, add 400 ml. of water, prepare decoction reducing to ⅛th.

Dose

50 ml., twice or thrice a day.

2. **Venkaru pasumpal** (white of an egg with cow's milk)

Ingredients

1	White of an egg	—	1 egg
2	Boiled cow's milk		100 ml.
3	Sugar candy (small)	—	quantity sufficient
4	Gum of white silk cotton tree	—	1 pinch (125 mg.)
5	Tamarind seed powder	—	1 pinch (125 mg.)
6	Cardomom	—	1 pinch (125 mg.)
7	Ash of the burnt cloth	—	1 pinch (125 mg.)
8	Pravala barpam		100 mg.
9	Silajat barpam		200 mg.

Method of preparation

Beat the white of an egg with boiled milk well, remove the foam, add the powdered drugs 3 to 7, then mix drugs 8 and 9 respectively.

Dose

One cupful, once or twice daily.

3. **Poonkavi chendooram** (Red ochre chendooram)

Method of preparation

Poonkavi is dissolved in water, filtered, dried in sun and powdered.

Dose

650 mg., twice daily.

Note: Also useful in diarrhoea, menorrhagia and vomiting.

PREPARED MEDICINES

1 Imbural leghyam	—	5 to 10 g, twice a day.
2 Silajat barpam	—	0 5 to 1 g, with butter or ghee, twice a day
3 Muthu chippi barpam	—	200 to 400 mg, with ghee or water, twice a day.

XIX JAUNDICE

((Manjal Kamalai Noi)

Signs and Symptoms

Loss of appetite, vomiting, constipation, yellow discolora tion of the conjunctiva, passing yellow coloured urine, pain in the right upper part of the abdomen Sometimes slight rise in temperature

SIMPLE REMEDIES

1 **Keezhanelli kudineer (A) (*Phyllanthus niruri* Linn** decoction)

1 Keezhanelli (*Phyllanthus niruri* Linn)
2 Elakkai (cardomom)
3 Valmilagu (tailed pepper)

Method of preparation

Take one whole *phyllanthus niruri* Linn plant, cardomom 2, tailed pepper 2, and add 200 ml water, prepare decoction reducing to ¼th

Dose

30 to 50 ml, twice daily

2. **Keezhanelli kudineer (B) (*Phyllanthus niruri* Linn**

Ingredients

1 Keezhanelli (*Phyllanthus niruri* Linn — whole plant 5 nos

2	Vishnu granthi (Evolvulus)	— one handful
3	Karisalankanni (eclipta)	— one handful
4	Seeragam (cumin seeds)	— 5 g.
5	Elakkai (cardomom)	— 5 g.
6	Parangi chakkai (china root)	— 5 g.
7	Drakshai (dried grapes)	— 30 g.

Method of preparation

Add to the above coarsely crushed drugs 2 litres of water and prepare decoction reduicing to ¼th.

Dose

60 to 90 ml., twice daily.

3. Keezhanelli kalkam mixed with cow's butter milk for pitha kamalai. — (*Phyllanthus niruri* Linn) kalkam (bolus) mixed with cow's butter milk

Ingredients

Take one whole plant of keezhanelli (*Phyllanthus niruri* Linn add two elakkai (cardomom), five valmilagu (tailed pepper) and make a kalkam (bolus).

Dose

2 to 4 g., with milk, twice daily.

4 Karisalai kalkam for vatha and kaba kamalai — (*Eclipta prostrta* Linn

Ingredients

1	Karisalai (*Eclipta prostrata* Linn)	— half a handful
2	*Milagu (black pepper)*	— 1 g

Method of preparation

Make a kalkam (bolus) of the above drugs.

Dose

2 to 4 g , twice daily.

Note : Used also in anaemia and dropsy.

PREPARED MEDICINES

1 Annabedhi chenduram	—	100 to 200 mg, with honey, twice daily.
2 Silajat barpam	—	0 5 to 1 g, with milk, twice daily
3 Mandoora chenduram	—	100 to 200 mg, with honey and thirikadugu choornam 1 g, twice daily
4 Sangu barpam	—	100 to 200 mg, with milk twice daily
5 Palakarai barpam	—	50 to 100 mg with milk or butter-milk, twice daily

(No 5 is for eliminating the toxins circulating in the blood For this purpose Neermulli kudineer (*Asteracantha* decoction) with salt free diet can also be given

Oil for bath

1 Keezhanelli thailam (*Phyllanthus niruri Linn Thailam*)
2 Karisalai thailam (*Eclipta alba Hassk* thailam)
3 Bringamalaga thailam,
4 Pancha kalpam to be applied on the head and bathed with warm water

Pancha kalpam may also be prepared as under

1 Veppam vithu (neem seeds)
2 Kastoori manjal (*Curcuma aromatica Salisb*) } Equal parts
3 Venmilagu (white pepper) } Equal parts
4 Kadukkai (*Chebulic myrobolan*) } Equal parts
5 Nelli paruppu (*emblic myrobolan* pulp)

Method of preparation

Take the above drugs and grind with cow's milk and apply to the head After sometime take a bath

XX. RETENTION OF URINE

(Siruneer Noigal)

Signs and Symptoms.

Burning sensation during micturition, dysuria, passing urine in small quantities, retention of urine.

SIMPLE REMEDIES

1. Neermulli kudineer (*Asteracantha* decoction).

Ingredients.

1	Neermulli (*Asteracantha*)	— 4 g.
2	Nerunjil (*Tribulus terrestris* L).	— 4 g.
3	Nellikai (*Myroblan embelic*-amla).	— 4 g.
4	Parangipattai (china root)	— 4 g.
5	Manathakkali elai (black night shade leaves)	— 4 g.
6	Sarakonrai puli (*Cassia fistula* pulp) Indian laburnam; Golden shower)	— 4 g.
7	Sombu (fennel seeds).	— 4 g.
8	Vellari vithai (cucumber seeds)	— 4 g.
9	Suraikodi (bottle gourd stalk)	— 4 g.
10	Kadukkai (*Chebulic myrobalan*)	— 4 g.
11	Thanrikkai (*Beleric myrobalan*)	— 4 g.

Method of preparation.

Take the above drugs, add 400 ml. of water, prepare decoction, and reduce it to ¼th.

Dose

50 ml., twice daily.

Note: Can also be given in ascites, dropsy.

2. Sirupeelai kudineer (*Aerva lanata Juss* decoction)

Ingredients

1. Sirupeelai (*Aerva lanata Juss*) — 1 part
2. Nerunjil (*Tribulus terrestris*) — 1 part

3. Mavalingam (*Crataeva religiosa* *Root & Thorns* — 1 part

4. Peramuttiver (*Pavonia odorata* root) — 1 part

Method of Preparation

Take the above drugs in equal parts, add sufficient quantity of water, prepare decoction reducing it to 1/8th.

Dose

30 to 60 ml.

Note: Useful also in stone in the bladder

3. **Sirukeeri kudineer** (*Amaranthus gangeticus Linn* decoction)

Method of preparation

Take 35 g of sirukeerai (*Amaranthus gangeticus Linn*) add 200 ml. of water, prepare decoction reducing it to 1/4th.

Dose

30 to 50 ml., twice daily.

Note: Antidote to vegetable poisoning.

4. **Ilaneer (tender coconut water)**

Dose

1. one glassful, thrice daily.

5. **Mullanki charu (radish juice)**

Dose

1/2 cup, thrice daily

6. **Viral meen thalaikkal barpam**

Powdered mural fish ossicles administered in 100 mg dose, twice daily, with white radish juice or cucumber seed paste mixed with milk.

PREPARED MEDICINES

1. **Vediyuppu chunnam** — 100 to 200 mg., with neermulli decoction, tender coconut or radish juice, twice daily.

2. Silajat barpam — 0.5 to 1g., with butter, ghee, milk, radish juice, or aerva *juice, twice daily.*

3. Velvanga barpam — 60 mg, with water or honey, twice daily

4. *Nandukkal barpam* — 200 to 400 mg., *with* radish juice, aerva juice or Asteracontha juice, twice daily.

XXI DIABETES

(Neerizhivu)

Signs and Symptoms

Passing urine in excess frequently, general wasting, exhaustion, excessive hunger and thirst. Presence of sugar in the urine and—or blood.

SIMPLE REMEDIES

1. Avaral panchanga kudineer (*Cassia auriculata Linn* decoction)

Method of preparation

Take the dried leaves, flowers, fruits, bark and root of the above drug. Make a coarse powder, add 400 ml. of water and prepare decoction reducing it to 1/4 th.

Dose

30 to 60 ml., twice daily

Note : Useful in scalding of the urethra.

2. Seenthil choornam (*Tinospora cordifolia miers* choornam)

Ingredients

1.	Seenthil (*Tinospora cordifolia*)	1 part
2.	Karisalanganni (*Eclipta alba hassk*)	1 part
3.	Nakoopoochi podi (earthworm powder)	1 part

Method of preparation

Take equal parts of the above drugs, powder and mix them well, steam and dry it

Dose

1 to 2 g, with ghee or honey, twice daily.

Note : Also used in bronchitis, asthma, scalding, biliousness and diseases of the nose With sugar it is administered for alopecia

Pathiyam (diet)

Avoid tamarind and smoking

3. **Sirukurinjan choornam** (*Gymnema sylvestre* choornam)
Dry sufficient quantity of the leaves and powder it finely

Dose

2 to 4g, with water, twice dailyfor three months

4. **Kombus pagal choornam** (bitter groud long choornam)
Dry sufficient quantity of the above drug and powder it finely

Dose

4 to 6g, with water, twice daily

PREPARED MEDICINES

1	Karuvanga barpam	—	50 to 100 mg, with ghee or butter twice daily
2	Kantha chenduram	—	200 to 400 mg, with honey, twice daily
3	Elavanga leghyam	—	2 to 4 mg, twice daily
4	Abraka chenduram	—	100 to 200 mg, with honey, twice daily

XXII. ANAEMIA (Pandu ; Veluppu Noi)

Signs and Symptoms

Paleness of the whole body and eyes, nail beds, loose motions, swelling of the face and feet.

SIMPLE REMEDIES

1	Karisalai (*Eclipta alba–ssk*)	—	q. s.
2	Milagu (black pepper)	—	q. s.
3	Poondu (garlic)	—	q. s.
4	Suddhitha Irumbuthool (purified iron filings)	—	q. s.

Method of preparation

Make a fine paste of the above drugs

Dose

2 g., to be given in the morning only with milk or honey.

PREPARED MEDICINES

1	Annabedi chenduram	—	100 to 200 mg., with honey, *twice daily.*
2	Aya chenduram	—	100 to 200 mg., with honey, twice daily.
3	Kantha chendooram	—	100 to 200 mg., with honey, twice daily.

XXIII. GENERAL ANASARCA
(Sogai, Sobai, Veeka Noi)

Signs and Symptoms

Swelling in any part of the body or in the whole body and scrotum, scanty urine, pain all over the body, constipation, cough, difficulty in breathing, fever.

SIMPLE REMEDIES

1 Neermuli kudineer - please see under retention of urine
2 Mandoorathi kudineer (Dross iron decoction)

Method of preparation

Ingredients

1	Mandooram (droes iron)	— 5 parts
2	Ularntha maelai (dried tender mango leaves)	— 3 parts
3	Ularntha karisalai (dried *eclipta alba*)	— 3 parts
4	Ularntha kheezhanelli (dried *phyllanthus nirurl*)	— 3 parts
5	Ularntha neermulli (dried asteracantha)	— 3 parts
6	Seeragam (cumin seeds)	— 1 part

Method of preparation

Powder the above drugs coarsely and mix it well Add 200 ml of water, prepare decoction, reduce it to ¼th

Dose

60 ml, twice daily, after food

PREPARED MEDICINES

1	Vedi annabedhi chenduram	— 100 to 200 mg, with honey twice a day
2	Loha mandoora chenduram	— 100 to 200 mg with honey or ghee, twice daily followed by neermulli (Asteracantha) decoction
3	Vediuppu chunnam	— 100 to 200 mg with neermulli (Asteracantha) decoction, tender cocoanut water or radish juice
4	Silajit barpam	— 0 5 to 1 g, with neermulli (Asteracantha) decoction or radish juice
5	Nandukkal barpam	— 200 to 400 mg, with radish juice or neermulli (Asteracantha) juice

6 Navachara choornam — 0 5 to 1 g, twice daily, with neermulli (Asteracantha) decoction.

XXIV. HYPERTENSION

(Raktha Azhutham, Raktha Kothippu)

Signs and Symptoms

The patient often experiences a rush of blood and complains of palpitation, vertigo, precardial pain, head ache and sleeplessness.

PREPARED MEDICINES

1. Sarpagantha choornam (or pill)

Dose

500 mg. to 1 g., twice or thrice a day.

Note: Sadative, mild laxative. Also used in insomnia and in irritable state as a tranquillizer.

Useful in nervous excitability and mental disorders with hypertension. Used with ammukara kizhangu (withania root) powder, sadamanjil (nardus root) powder, vallarai (indian penny wort) powder, milk and honey to reduce excitability and irritability and irritation in patients with hypertension.

Diet.

Restrict salt in take; fatty diet to be avoided.

XXV. HEADACHE
(Thalaivali)

Signs and Symptoms.

Pain in the head—frontal, occipital near the eyebrows, nausea, at times vomiting.

SIMPLE REMEDIES

A paste made out of any of the following may be applied externally to the forehead.

1 Lavangappattai, chukku (cinnamon bark, dried ginger)

2 Milagu (pepper).

3 Inji (ginger) made into a paste with breast milk or boiled cow's milk and applied to scalp.

PREPARED MEDICINES

1 Neerkovai mathirai for external use—q. s.

2 Gowri sinthamani (for oral administration) 100 to 200 mg. with thirikadugu choornam *and honey.*

For bath.

1 Chukku (dried ginger) thailam.

2 Arakku (lac) thailam.

3 Sirobaranivarani thailam.

XXVI ANAL FISSURE

(Asana Vedippu)

Signs and Symptoms

Intense pain in the anus during and after defaecation Because of the pain, the patient retains the stools and develops constipation

Treatment consists of continued administration of laxatives and regulation of the diet to produce gruelly stool

LAXATIVES

1 Atthi manappagu (*Ficus glomerata Roxb* syrup)

Ingredients

1	Ularntha atthipazham (dried figs)	— 350 gm
2	Arasam pazham (peepul fruits)	— 175 g
3	Karumsivathai ver (black turpeth root)	— 87 5 g
4	Mukkarattai (*Boerhaavia diffusa Linn*	— 87 5 g
5	Sombu (perum seeragam) (anise seeds)	— 87 5 g
6	Kaduguroghini (*Picrorrhiza kurroa*)	— 87 5 g

Method of preparation

Take the above mentioned drugs, pound them coarsely, add 3 litres of water, prepare decoction reduce it to ¼th Add 750 g of sugar to the decoction and boil to a syrupy consistency

Dose

1 to 2 teaspoonful, twice daily

2 Malakudara Mezhugu

Ingredients

1	Nilavarai (senna leaf)	—	60 g
2	Gulkhand	—	80 g
3	Drakshai (raisins)	—	50 g
4	Badam paruppu (almond kernels)	—	25 g
5	Athimathuram (liquorice)	—	10 g
6	Pinchu Kadukkai (tender-chebulic myrobalan)	—	10 g

Method of preparation

Powder 1, 5 and 6, sieve and keep. Grind 2, 3 and 4 into a paste Add the powder to the paste and continue grinding to attain a waxy consistency.

Dose

5 to 10 g, before bed time, with hot water or milk

Also useful in constipation, loss of appetite and abdominal bloating.

3 Moolakudorai ennai

Ingredients

1	Pinchu kadukkai (tender chebulic myrobalan)	—	35 g
2.	Vilakkennai (castor oil)	—	140 g.

Method of preparation

Fry the fruit in a little quantity of castor oil When brown and swollen, powder it Mix the powder with the oil

Dose

1 to 2 teaspoonful at bed time

Useful in bleeding piles and constipation

PREPARED MEDICINES

1 Thripalai Kudineer (please see gingivitis)
2 Kukkil vennai
3 Amirtha vennai } ... for external application

XXVII. PILES
(Moolam)

Signs and Symptoms

Constipation, passing of hard faecal matter with blood, griping pain in the rectum, headache, difficulty felt in the sitting posture Presence of pile mass in the anus

SIMPLE REMEDIES

1. Take thuthi keerai (country mallow), boil it in water, churn well, filter and add panam karkandu (palm sugar candy). Take sufficient quantity.

2. After warm fomentation with thuthi keerai (country mallow) fried in castor oil and bundled in a piece of cloth, the same is kept on the part and 'T' bandage applied.

3. White onions fried in ghee is administered internally

PREPARED MEDICINES

1. Naga barpam	—	100 to 200 mg., with butter or ghee, twice daily.
2. Velvanga barpam	—	100 to 200 mg., with milk, butter, buttermilk or ghee, twice daily.
3. Thethankottai leghyam	–	3 to 6g., twice daily
4. Karunai leghyam	—	3 to 6 g., twice daily.
5. Nathai barpam	—	200 to 400 mg., with butter or ghee, twice daily
6. Muthu chippi barpam	—	200 to 400 mg., with butter or ghee, twice daily
7. Moola kudara nei	—	2 teaspoonful at bed time.

XXVIII. BOILS ABSCESS

(Kattigal, seeze kattiya veekam)

Signs and Symptoms

Redness, heat, swelling, pain, collection of pus, fever.

SIMPLE REMEDIES

1 Paste made with Manjal (turmeric) and Chunnam (calcified lime) applied externally

2 Paste made with honey and chunnam (calcified lime) applied externally

3 Take required quantity, in equal parts, of (1) thuthikeerai (country mallow), (2) anthimalli (four o' clock flower), (3) seenthil (*Tinospora cordifolia*) and (4) murungal keerai (drum stick leaves), fry them in castor oil and apply externally

PREPARED MEDICINES
(for oral administration)

1 Vellai ennai	—	15 to 30 ml, early morning, for 3 to 5 days
2 Parangi choornam	—	1 5 to 3 g, with sugar and milk, twice a day.
3 Parangi rasayanam	—	100 to 200 mg, with honey, twice a day
4 Gandaga rasayanam	—	0 5 to 1 g, with sugar and milk, twice a day

When boil bursts open

1 Pachai ennai
or
2 Amirtha vennai
or
3 Vanga kalimbu

} for external application

XXIX PULP INFECTION OF FINGER (WHITLOW)
(Viral Suttri Nagasuttri)

Signs and Symptoms

Reddening, swelling sharp pulsating pain, formation of small superficial abscess of the finger Fever and sleeplessness

SIMPLE REMEDIES

1 Make a hole in a lemon fruit, thrust and keep the affected finger inside, which will give relief

2 Poultice prepared with rice flour and alivitthu (lepidium sativum)

Method of preparation

Grind alivitthu (Lepidium sativum) seeds with lemon juice or cold water and prepare poultice adding rice flour

Internal medicine

1 Parangipattai choornam — 1 5 to 3 g, with milk and sugar

XXX ULCERS (SIMPLE)
(Chirangu – Pun)

SIMPLE REMIDIES
(External use only)

1 Punpodi

Method of preparation

Make a hole in a datura fruit, fill it with purified sulphur and cover the fruit with cow dung After drying subject it Sputum with four cow dung cakes Remove the cowdung and thorn from the fruit, add 4 parts of tulasi leaves (ocimum sanctum) grind well, dry it in the sun and powder The powder is dusted over ulcers smeared with cocoanut oil for rapid healing,

2. **Karbogi paste**

Ingredients

1 Karbogi vithai (babchi seeds)
2 Neeradimuthu vithai (hydnocarpus seeds)
3 Kasakasa (poppy seeds)
4 Badam paruppu (almond seeds)
5 Thengai (copparai) dried cocoanut kernel)
6 Karum seeragam (black cumin seeds)
7 Kattu seeragam (Vernonia anthelmintica WILLD)

Method of preparation

Take required quantity (equal parts) of the above drugs, grind them with vinegar and prepare a paste Apply it on the ulcers After 2 to 3 hours, wash with luke warm water.

Note: Can be used in ring worm and scabies also

3 **Adutheenda palai ennai** (Indian birth wort thailam)

Ingredients

1 Adutheendapalai elai juice (indian birth wort leaf juice)
2 Veppennai (neem oil)

Method of preparation

Take equal quantities of the above two drugs and prepare thailam

PREPARED MEDICINES

1 Punga ennai
2 Pachai ennai
3 Arugan cocoanut oil (couch grass oil)

XXXI. SCABIES

(Soral Sirangu)

SIMPLE REMEDIES

1. Venkara pachai (fried borax powder) mixed with cocoanut oil and applied externally.
2. Punpodi — refer under ULCER

PREPARED MEDICINES

1. Vellai ennai	—	15 to 30 ml. early morning.
2. Gandhaga rasayanam	—	6 to 12 g., twice daily with sugar & milk
3 Pravala barpam	—	100 to 200mg., with milk, butter or ghee
4. Muthuchippi barpam	—	200 to 400 mg., with butter or ghee
5. Parangi rasayanam	—	0.5 to 1 g
6. Parangi choornam	—	1.5 to 3 g., with milk and sugar
7. Vanga kalimbu	—	for external use
8. Arugampul thilam	—	for external use
9. Viranasanjeevi thailam	—	for external use

XXXII. RING WORM

(Padar Thamarai, Ecchil Thazhumbu)

IMPLE REMEDIES

1. Oosithagrai elai pattru (*Cassia tora Leaves* or root paste

Method of preparation

Take the leaves or root of Cassia tora, add lemon juice, grind into a fine paste and use externally.

2. Pel agathi elai or vandu kolli elai (*Cassia alata*)

Method of preparation

Grind the leaves with lemon juice into a fine paste apply externally.

PREPARED MEDICINES

1. Amirtha vennai
or
2. Padai sangaram } for external application only.

XXXIII. PHRYNODERMA

Thavalai Sori — (Toad Skin)

SIMPLE REMEDIES

1. Application of pani neer (dew water)
2. Vengaram (fried borax) to be mixed with cocoanut oil and applied externally.

XXXIV. FISSURE FOOT

(Kal Vedippu)

PREPARED MEDICINE

1. Amirtha vennai
or
2. Kilinjal mezhugu } for external use only.

XXXV. CORNS
(Kaalani)

1. Remove the corns and foment with common salt and pottassium carbonate (yavaksharam)

2. After removal of the corn, paint with calotropis milk (erukkom pal) and bandage, later heal the ulcer as per medicaments given under Ulcers.

XXXVI. ATHLETE FOOT
(Settrupun)

Signs and Symptoms

Fungal infection affecting the webs of the toes and fingers. The site *is raw with offensive discharge and itching.*

SIMPLE REMEDIES

1. External application of Illuppai nei (Bassia latifolia Roxb oil)
2. Azhavanam elai (henna leaf) paste
3. Manjal thool with nallennai (turmeric powder mixed with gingelly oil)
4. Kadukkai and manjal poochu (chebulic – myrobalan and turmeric paste applied at night)

XXXVII. SPRAIN

Sulukku

External application.

SIMPLE REMEDIES

Puli (tamarind) soaked in salt water, churned, filtered and boiled to the consistency of a paste and applied warm to the affected part.

PREPARED MEDICINES

1 Myna thailam or 2 Kukkil thailam	for external use only.

XXXVIII. MINOR INJURIES

(Adipatta Kayangal)

SIMPLE REMEDIES

1. A paste made out of Amukkara Kizhangu (Withania root) choornam.

2. Rathabola pattru (inspissiated juice of aloe).

Method of preparation.

Make a paste by dissolving the extract of inspissiated juice of aloe in hot water and apply externally to inflamed parts causec by the injury.

PREPARED MEDICINES

1 Myna thailam
or
2 Kukkil thailam

} for external use only.

XXXIX. BURNS AND SCALDS

(Theechutta Pun, Venneer Viranam)

SIMPLE REMEDIES

1. Chunnambu theli neer (slaked lime water) mixed with cocoanut oil applied externally.

2. Take some argampul Kalkam (couch grass) and mix it with cocoanut oil. Apply externally.

3. To one part of mynathailam, add ten parts of cocoanut oil and apply externally.

PREPARED MEDICINES

Kungilya vennai for external use only.

XL. SCORPION BITE

(Thel Kadi)

SIMPLE REMEDIES

1. Common salt solution to be used as eye drops.
2. Apply salt paste at the site of the sting.
3. Rub the site of the sting with slaked lime in split onion.

XLI. INSECT BITE
(Kanakkadi)

Signs and Symptoms.

At the site of the bite there will be swelling and itching sensation.

SIMPLE REMEDIES

1. Make a paste of kuppaimeni leaf (*Acalypha indica* Linn) with salt and apply at the site of bite.
2. Apply slaked lime (chunnam) at the site of bite.

PREPARED MEDICINES

1. Meganatha kuligai	—	1 to 2 pills, with dried ginger decoction (purgative).
2. Sanjeevi mathirai	—	1 to 2 pills, with lime juice (purgative).
3. Agasthiar kuzhmbu	—	for fumigation
4. Sivanar amirtham	—	for nasyam.

XLII. INTESTINAL WORMS
(Kudar Kirumigal)

Signs and Symptoms

Passing worms along with motion or alone. Loss of appetite.

SIMPLE REMEDIES

Choornam prepared out of the following:

1. Karum seeragam (black cumin seeds)	Equal parts
2. Omam (ajowan)	
3. Palasuvithu *Butea frondosa* seeds)	

Given at bed time, followed by caster oil next morning

2. Vazhai pazham (plantain fruit) soaked in honey, administered at bed time, followed by castor oil next morning.

3. Nakkupoochi Kudineer

Ingredients

1	Palasuvithu (*Butea frondosa*)	—	4 g
2	Karum seeragam (black cumin seeds)	—	4 g
3	Vaivilangam (*Embella ribes* Burn)	—	4 g.
4	Omum (ajowan)	—	4 g
5	Sivathai ver (turpeth root)	—	4 g
6	Nilavarai (Senna leaves)	—	4 g
7	Sombu (perum seeragam) (anise seeds)	—	4 g.
8	Kadukurogini (black hellebore)	—	2 g

Pound all the above drugs in a mortar into a coarse powder and prepare decoction adding 200 ml water and reducing to ¼th.

Dose

45 to 90 ml. followed by a purgative pill or castor oil.

PREPARED MEDICINES

1	Maganatha kuligai	—	1 to 2 pills, with dried ginger decoction, at bed time (purgative)
2	Poora mathirai	—	1 to 2 pills, with honey or breast milk, in the morning.
3	Sanjeevi mathirai	—	1 to 2 pills, with honey, in the morning (purgative)

XLIII LEUCORRHOEA

(Vellai, Yoni Vazhiyaga Vellai Paduthal)

Signs and Symptoms

White discharge per vaginum

SIMPLE REMEDIES

1 Thazhai vizhuthu charu (*Pandanus odoratissimus* Roxb root juice)

Method of preparation

Take *Pandanus odoratissimus* Roxb aerial root juice and add sugar to taste

Dose

20 ml twice daily

2 Vellarugu kudineer (*Adenema hissopifolium* decoction)

Method of preparation

Adenema hissopifolium juice 35 g, add water 200 ml, and prepare decoction reducing to ⅛th

Dose

30 to 50 ml, twice daily

Note Can also be used in scabies, ulcers and skin diseases

PREPARED MEDICINES

1	Kungiliya vennai	— 1 to 2 g, twice daily,
2	Silajat barpam	— 0 5 to 1 g, with butter or ghee, twice daily
3	Annabedhi chendooram	— 100 to 200 mg, with honey, twice daily
4	Velvanga barpam	— 100 to 200 mg, with milk, twice daily
5	Venpoosani leghyam	— 6 to 12 g, twice daily

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XLIV. DYSMENORRHOEA

(Soothaga Soolai)

Signs and Symptoms

Scanty menses with acute pain in the lower abdomen.

SIMPLE REMEDIES

1. Karum seeragam (black cumin seeds) — 6 g.
2. Lavangapattai (cinnamon bark) — 6 g.
3. Chukku (dried ginger) — 6 g.
4. Chithramoola verpattai (lead wort root bark) — 6 g.
5. Sombu (fennel seeds) — 6 g.

Method of preparation

Take the above drugs. add 200 ml. water and prepare decoction reducing to ⅛th.

Dose

30 to 50 ml., twice daily

PREPARED MEDICINES

1. Ayaveera chendooram — 100 to 200 mgs., with honey or palm Jaggery, twice daily.
2. Gunmakudori leghyam — 1 to 2 g., twice daily with water
3. Pattu karuppu chenduram — 50 to 100 mg., with honey, two to three times a day.

XLV. MENORRHAGIA AND METARRHAGIA

(Perumpadu)

Signs and Symptoms

Profuse bleeding during menstruation and intermenstrual bleeding.

SIMPLE REMEDIES

1 Naval pattai kudineer (Jambu bark decoction)

Method of preparation

Take 50 g. of jambu bark, crush it well, add 200 ml. of water and prepare decoction reducing to ¼th

Dose

30 to 50 ml , twice daily.

2. Atti pattai kudineer (*Ficus glomerate* Roxb decoction)

Method of preparation :

Take atti pattai (country fig bark), add cow's butter milk and extract juice.

Dose :

45 to 90 ml., twice daily.

3 Marutham pattai kudineer (*Terminalia arjuna* W. & A. bark decoction)

Method of preparation

Take 30 g of marutham pattai (arjuna bark), crush well, add 240 ml , of water, prepare dacoction reducing to ¼th.

Dose

30 ml. to 60 ml , twice daily.

Note : Used as cardiac tonic and also for diarrhoea.

4. Othiampattai kudineer (*Odina wodier* Roxb bark decoction)

Method of preparation

Take othiampattai (*Odina woodier* Roxb bark) 50 g , crush it well, add 200 ml. of water, prepare decoction reducing to ¼th.

Dose

30 to 50 ml., twice daily.

5. Thottal surungi kudineer (*Mimosa pudica* Linn decoction

Method of Preparation

Take 50 g. of thottal surungi (Mimosa pudica Linn plant), add 200 ml. of water, prepard decoction reducing to ⅛th.

Dose :

30 to 50 ml., twice daily.

PREPARED MEDICINES

1	*Poongavi chenduram*	—	*650 mg., with water twice daily.*
2	Velvanga barpam	—	100 to 200 mg., with milk *or ghee, twice daily.*
3	Vazhaipoo vatakam	—	1 to 2 vatakam, with buttermilk, twice daily.

XLVI RETENTION OF MILK AFTER CHILD BIRTH
(Pillai Pettrapin Pal Kattu)

Signs and Symptoms

There is pricking sensation when there is collection of milk in the breasts, pain, tension, a feeling of heat and heaviness in the breasts. Sometimes fever with chillness.

Treatment

Administration of a laxative and limited consumption of liquids, firm bodice to be worn, withdrawal of the milk by hand or with breast pump.

XLVII- OTITIS MEDIA

(Kathu Valiyum, Seezh Vadithalum)

Signs and Symptoms

Severe radiating pain to the vertex and occiput, fullness in the ear, deafness, tinnitus' discharge of pus, sometimes fever

SIMPLE REMEDIES

1 Application of poondu charu (garlic juice)
2 Application of Marul pattai charu (bow string hemp juice)
3 Thiruneetrupachai Charu (*Ocim um basili cum* juice)

PREPARED MEDICINES

1 Pachai ennai
2 Chukku thailam
3 Musuru muttai thailam

XLVIII. CONJUNCTIVITIS

(Kannoi)

Redness, pain of the conjunctiva, watering, purulent discharge, photophobia, sticking of the eyelids

SIMPLE REMEDIES

1. Hot cooked rice and butter fomentation
2. Padiga panneer drops

Method of preparation

Dissolve 200 mg of alum in 50 ml of rose water and store it in a glass stoppered bottle

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COMMON AILMENTS WITH THERAPEUTIC INDEX

XXIX Pulp infection of finger (Whitlow)
XXX Ulcers
XXXI Scabies
XXXII Ring worm
XXXIII Phrynoderma
XXXIV Fissure foot
XXXV Corns
XXXVI Athlete foot
XXXVII Sprain
XXXVIII Minor injuries
XXXIX Burns and Scalds
XL Scorpion bite
XLI Insect bite
XLII Intestinal worms
XLIII Leucorrhoea
XLIV Dysmenorrhoea
XLV Menorrhagia and Metarrhagia
XLVI Retention of milk after child birth
YLVII Otitis media
XLVIII Conjunctivitis

THERAPEUTIC INDEX

I NON-SPECIFIC FEVERS
(Jwaram)

Simple remedies

1. Nilavembu kudineer
2. Nochi kudineer
3. Thulasi kudineer

Prepared medicines

1. Chanda chandrodayam pills
2. Vasantha kusumakaram pills

II WHOOPING COUGH
(Kakkuvan Irumal)

Simple remedies

1. Vasambu choornam
2. Thuthuvalai nei

Prepared medicines

1. Adathodai manappagu
2. Kakkuvan leghyam
3. *Karpoorthi thailam (for external* application)

III MEASLES
(Manalvari ammai, *Chitchilluppai*)

Simple rrmedies

1. Gorochanai with Karpooravalli juice
3. Guru barpam (burnt leather ash)
3. Neem leaves and turmeric paste mixed in water } for bath
4. Tamarind rind oil — (for external

Prepared medicines

1. Mankombu barpam (sirungi barpam)

IV COMMON COLD
(Jalathodam, neerkovai)

Simple Remedies

1. Milagu kudineer
2. Inji surasam
3. Nochi elai kudineer (vapour bath)
4. Equal parts of Benzoin and turmeric powder (Fumigation)

Prepared medicines

1. Chandachandrodayam pills
2. Mukkadu Illagam (Thirikadugu leghyam)

V COUGH
(Irumal)

Simple remedies

1. Adathodai kudineer
2. Adathodai manappagu
3. Chittarathai kudineer

Prepared medicines

1. Thalisadi choornam
2. Thalisadi vatakam
3. Kastoori karuppu
4. Pravala barpam

VI BRONCHIAL ASTHMA
(Iraippu irumal)

Simple remedies

1. Adathodi kudineer
2. Adathodi manappagu
3. Swasa kudori pills

Prepared medicines

1. Thalisadi choornam
2. Thalisadi vatakam
3. Pravala barpam

4 Kastoori karuppu
5 Kukkil thailam } for external application anp
6 Karpoorathi thailam } formation
7 Black datura flowers with Potassium nitrate powder (Inhalation).

VII TONSILLITIS

(Annakku thooru veekam, Lasunathabitham)

Simple remedies

1 Karpooravalli leaves to be chewed
2 Garlic and honey throat paint

Prepared medicines

1. Sangu barpam

V LARYNGITIS

(Thondaikattu)

Simple remedies

1. Akkarakara choornam
2 Karuvelampattai kudineer

Prepared medicines

1. Thalisadi choornam
2 Thalisadi vatakam
3 Vasantha kusumakara pills
4 *Kastoori karuppu*

For Children

Gorochanai to be mixed with breast milk.

IX GINGIVITIS

(Palleeru veekam)

Simple remedies

1. Thiripalai koppuli kudineer
2 Nallennai koppulippu (gingelly oil for gargle)

X STOMATITIS
(Vaipun)

Simple remedies

1 Padikara neer koppulippu
2 Karuvelampattai kudineer
3 Alampattai koppuli kudineer
4 Manathakkali leaves and pachai payaru } (Black night shade leaf and green gram as side dish withfood)
5 Thiripalai koppuli kudineer
6 White of an egg with Cow's milk

Prepared medicines

1. Silajat barpam
2. Padikara barpam
3. Kungilya vennai

XI. GLOSSITIS
(Akkaram)

Simple remedies

1. Padikara neer koppulippu
2 Karuvelampattai Kudineer
3 Alampattai Koppuli Kudineer
4 Manathakkali leaves and pachai payaru } (Black night shade leaf and green gram as side dish with food)
5 Thiripalai Koppuli Kudineer
6 White of an egg with Cow's milk

Prepared medicines

1. Silajat barpam
2 Padikara barpam
3 Kungilya vennai

XI GASIRITIS
(Gunmam)

Simple remedies

1 Pepper, Cumin seeds decoction
2 Pepper, Cumin seeds choornam

4. Kastoori karuppu
5. Kukkil thailam } for external application anp
6. Karpoorathi thailam } formation.

7. Black datura flowers with Potassium nitrate powder (*Inhalation*).

VII. TONSILLITIS

(Annakku thooru veekam, Lasunathabitham)

Simple remedies

1. Karpooravalli leaves to be chewed
2. Garlic and honey throat paint

Prepared medicines

1. Sangu barpam

V. LARYNGITIS

(Thondaikattu)

Simple remedies

1. *Akkarakara choornam*
2. Karuvelampattai kudineer

Prepared medicines

1. Thalisadi choornam
2. Thalisadi vatakam
3. Vasantha kusumakara pills
4. Kastoori karuppu

For Children

Gorochanai to be mixed with breast milk.

IX. GINGIVITIS

(Palleeru veekam)

Simple remedies

1. Thiripalai koppuli kudineer
2. *Nallennai koppulippu (gingelly oil for gargle)*

X STOMATITIS
(Vaipun)

Simple remedies

1 Padikara neer koppulippu
2 Karuvelampattai kudineer
3 Alampattai koppuli kudineer
4 Manathakkali leaves and pachai payaru } (Black night shade leaf and green gram as side dish withfood)
5 Thiripalai koppuli kudineer
6 White of an egg with Cow's milk

Prepared medicines

1. Silajat barpam
2. Padikara barpam
3. Kungilya vennai

XI. GLOSSITIS
(Akkaram)

Simple remedies

1. Padikara neer koppulippu
2 Karuvelampattai Kudineer
3 Alampattai Koppuli Kudineer
4 Manathakkali leaves and pachai payaru } (Black night shade leaf and green gram as side dish with food)
5. Thiripalai Koppuli Kudineer
6. White of an egg with Cow's milk

Prepared medicines

1. Silajat barpam
2 Padikara barpam
3 Kungilya vennai

XI GASTRITIS
(Gunmam)

Simple remedies

1. Pepper, Cumin seeds decoction
2 Pepper, Cumin seeds choornam

Prepared medicines

1. Uppu chenduram
2. Panchadeepakkni choornam
3. Gunmakudori leghyam

XIII CONSTIPATION

(Malakkattu, malabantham)

Simple remedies

1. Kadukkai Kudineer
2. Drakshai Kudineer

Prepared medicines

1. Nilavagai choornam
2. Malakudara mezhugu

For Children

Equal parts of Castor oil and breast milk.

XIV DIARRHOEA

(Bedhi)

Simple remedies

1. Dried ginger, pepper choornam
2. Dried ginger pepper decoction

Prepared medicines

1. Thair chundi choornam
2. Chundai vatral choornam
3. Annabedhi chenduram
4. Padigalinga chenduram

Diarrhoea in Children

Simple remedies

1. Poduthalai Kudineer

Prepared medicines

1. Amaiodu barpam
2. Nathai barpam

XV. DYSENTERY

(Raktha seetha bedhi)

Simple remedies

1. Kadukaipoo, athividayam, chirunagapoo kudineer
2. Mangustan thol kudineer

Prepared medicines

1. Annabedhi chendooram
2. Silajit barpam
3. Nathai barpam
4. Padigalinga chendooram
5. Kabada mathirai

Dysentery in Children

Simple remedies

1. Nutmeg powder (choornam)
2. Amman pacharisi kudineer

XVI HICCUP

(Vikkal)

Simple remedies

1. Powder of long pepper, cumin seeds, burnt ash of the peacock's feathers.
2. Nandu kuzhineer (crab's burrow)
3. Burnt Sugarcane with Cardomon juice

Prepared medicines

1. Vasantha kusumakaram pills
2. Kastoori karuppu

XVII VOMITING

(Vanthi)

Simple remedies

1. Cardomon, Cumin seeds decoction
2. Lemon seeds rubbed in honey
3. Lemon pickles (plain salted)

Prepared medicines

1 Jathi jambeera kuzhambu
2 Mathulai manappagu
3 Elathi choornam
4 Kesari kuzhambu
5 Narathai leghyam

XVIII HAEMATEMESIS AND HAEMOPTYSIS

(Raktha vanthi Raktham thupputhal)

Simple remedies

1 Imbural kudineer
2 Venkaru, pasumpal
3 Poonkavi chendooram

Prepared medicines

1 Imbural leghyam
2 Silajat barpam
3, Muthuchippi barpam

XIX JAUNDICE

(Manjal kamalai Noi)

Simple remedies

1 *Keezhanelli kudineer (a)*
2 Keezhanelli kudineer (b)
3 Keezhunelli kalkam with Cow's buttermilk
4 Karisalai kalkam

Prepared medicines

1 Annabedhi chendooram
2 Silajat barpam
3 Mandoora chendooram
4 Sangu barpam
5 Palakarai barpam
6 Keezhanelli thailam
7 Karisalai thailam
8 Bringamalaga thailam
9 Pancha kalpam

} For head bath (items 6–9)

XX RETENTION OF URINL
(Sıruneer noıgal)

Simple remedies

1 Neermullı kudıneer
2 Sırupeelaı kudıneer
3 Sırukeeraıver kudıneer
4 Illaneer (Tender cocoanut water)
5 Radısh juıce
6, Vıral meen thalaıkal barpam

Prepared medicines

1 Vedıuppu chunnam
2 Nandukkal barpam
3 Sılajat barpam
4 Velvanga barpam

XXI DIABETES
(Neerızhıvu)

Simple remedies

1 Aavaraı panchanga kudıneer
2 Seenthıl choornam
3 Sırukurınjan choornam
4 Kombupagal choornam

Prepared medicines

1 Karuvanga barpam
2 Kantha chendooram
3 Elavanga leghyam
4 Abraka chendooram

XXII ANAEMIA
(Pandu, Veluppu noı)

Simple remedies

1. Paste of karisalai milagu, poondu, irumbuthool (Paste of Eclipta alba, pepper, garlic and purified iron filings)

Prepared medicines

1 Annabedhi chendooram
2 Aya chendooram
3 Kantha chendooram

XXIII GENERAL ANASARCA

(Sogai, sobai, veeka noi)

Simple remedies

1 Neermulli kudineer
2 Mandoorathi kudineer

Prepared medicines

1 Vedi Annadedhi chendooram
2 Loha mandoora chendooram
3 Vediuppu chunnam
4 Silajat barpam
5 Nandukkal barpam
6 Navachara choornam

XXIV HYPERTENSION

(Raktha azhutham, Raktha kothippu)

Prepared medicines

1 Sarpaganda choornam or pill

XXV HEADACHE

(Thalaivali)

Simple remedies

1 Paste of Cinnamon bark, pepper, ginger and dried ginger

Prepared medicines

1 Neerkovai pills (for external application)
2 Gowri chintamani
3 Chukku thailam
4 Arakku thailam
5 Sirobara nivarani thailam

(3–5: For head bath)

XXVI ANAL FISSURE

(Asana vedippu)

Simple remedies

1. Athi manappagu
2. Malakudara mezhugu
3. Moola kudori ennai

Prepared medicines

1. Thripalai kudineer
2. Kukkil vennai
3. Amirtha vennai

(For external application)

XXXVII PILES

(Moolam)

Simple remedies

1. Country mallow decoction with palm Sugar candy
2. Warm fomentation with Country mallow fried in Castor oil for external application
3. White onions fried in ghee

Prepared medicines

1. Naga barpam
2. Velvanga barpam
3. Thethankottai Leghyam
4. Karunai leghyam
5. Nathai barpam
6. Muthuchippi barpam
7. Moolakudara nei

XXVIII BOILS, ABSCESS

(Kattigal, Seezh kattiya veekam)

Simple remedies

1. Turmeric, slaked lime paste
2. Paste of Calcified lime with honey
3. Paste of Thuthikeerai, Anthimalli, seenthil, murungai, keerai fried in castor oil for external application

Prepared medicines

1 Vellai ennai
2 Parangi choornam
3 Gandaga rasayanam
4 Pachai ennai
5 Amirtha vennai
6 Vanga kalimbu

(4–6) When the boils or abscesses burst open, for external application

XXXIV PULP INFECTION OF FINGER

(Whitlow) (Viral sutru, naga sutru)

Simple remedies

1 Make a hole in a lemon fruit and thrust the affected finger into it
2 Poultice prepared with rice flour and lepidium sativum (Alivithu)

Prepared medicines

1 Parangipattai choornam

XXX ULCERS

(Sirangu)

Simple remedies

1 Karbogi paste
2 Pun podi
3 Adutheendapalai ennai

Prepared medicines

1 Punga ennai
2 Pachai ennai
3 Arugan, Cocoanut oil

XXXI SCABIES

(Sori, Sirangu)

Simple remedies

1 Fried borax powder with cocoanut oil for external application
2 Pun podi

Prepared medicines

1. Vellai ennai
2. Gandaga rasayanam
3. Pravala barpam
4. Muthuchippi barpam
5. Parangi rasayanam
6. Parangi choornam
7. Vanga kalimbu
8. Aruganpul thailam
9. Virana sanjeevi thailam

XXXII. RING WORM

(Padar thamarai, ecchil thazhumbu)

Simple remedies

1. Oosithagarai elai pattru
2. Pei agathi or vandu kolli elai with lemon juice pattru

Prepared medicines

1. Amirtha vennai
2. Padai sankaran

XXXIII. PHRYNODERMA

(Toad skin—Thavalai Sori)

Simple remedies

1. Dew water for external application
2. Fried Borax with Cocoanut oil for external application,

XXXIV. FISSURE FOOT

(Kal vedippu)

Prepared medicines

1. Amirtha vennai
2. Kilinjal mezhugu

XXXV. CORNS

(Kaalani)

Simple remedies

1. Remove the corn and foment with salt water and yavaksharam.
2. After removal paint with calatropis juice and bandage.

XXXVI. ATHLETE FOOT

(Settru pun)

Simple remedies

1. Illuppai nei
2. Azhavanam elai paltru
3. Turmeric mixed with gingelly oil
4. Kadukkai and turmeric paste

} For external application

XXXVII. SPRAIN

(Sulukku)

Simple remedies

1. Boiled tamarind paste for external application

Prepared medicines

1. Myna thailam
2. Kukkil thailam

} For external application.

XXXVIII MINOR INJURIES

(Adipatta kayangal)

Simple remedies

1. Paste of amukkara chooranam
2. Raktha bola patiru

} For external application

Prepared medicines

1. Myna thailam
2. Kukkil thailam

} For external application.

XXXIX BURNS AND SCALDS

(Theechuttapun, Venneer viranam)

Simple remedies

1. Slaked lime with cocoanut oil
2. Aruganpul, cocoanut oil
3. I part of Myna thailam, 10 parts of Cocoanut oil

} For external application

Prepared medicines

1. Kungilya vennai — For external application

XL SCORPION BITE

(Thel kadi)

Simple remedies

1. Common salt solution as eye drops
2. Salt paste at the site of the sting
3. Rub the site of the sting with slaked lime in split onion

XLI INSECT BITE

(kanakadi)

Simple remedies

1 Kuppaimeni leaves, salt paste
2. Slaked lime at the site of the sting

Prepared medicines

1 Meganatha kuligai
2. Sanjeevi mathirai
3. Agasthiar kuzhambu (fumigation)
4 Sivanar amirtham (nasiyam)

XLII INTESTINAL WORMS

(kudal kirumigal)

Simple remedies

1. Choornam of Karun seeragam, omum palasu vithu followed by castor oil next morning.
2. Plaintain fruit soaked in honey followed by castor oil next morning.
3. Nakkupoochi kudineer.

Prepared medicines

1. Meganatha kuligai
2. Poora mathirai
3. Sanjeevi mathirai

XLIII LEUCORRHOEA

(Vellai, Yoni vazhiyaga vellai paduthal)

Simple remedies

1. Thazhai vizhuthu charu
2. Vellarugu kudineer

Prepared medicines

1. Kungilya vennai
2. Silajat barpam
3. Annabedhi chendooram
4. Velvanga barpam
5. Venpoosani leghyam

XLIV DYSMEMORRHOEA

(Soothaga soolai)

Simple remedies

1. Kudineer of Karun seeragam, lavangapattai, chukku, chittramoola verpattai, sombu

Prepared medicines

1. Ayaveera chenduram
2. Gunmakudori leghyam
3. Pattu karuppu chenduram

XLV MENORRHAGIA AND METARRHAGIA

(Perumpadu)

Simple remedies

1. Navel pattai kudineer
2. Atti pattai kudineer
3. Marutham pattai kudineer
4. Thottal surungi kudineer
5. Othiam pattai kudineer

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Prepared medicines

1. Poongavi chenduram
2 Velvanga barpam
3 Vazhaipoo vatakam

XLVI RETENTION OF MILK AFTER CHILD BIRTH
(Pillai pettra pin pal kattu)

Simple remedies

1 Administration of a laxative and limited consumption of liquids

XLVII OTTITIS MEDIA
(Kattu valiyum, Seezh vadithalum)

Simple remedies

1 Application of garlic juice
2 Application of Marul pattai juice
3. Application of Thiruneetrupachai juice

Prepared medicines

1. Pachai ennai
2 Chukku thailam
3 Musurumuttai thailam

XLVIII. CONJUNCTIVITIS
(Kannoi)

Simple remedies

1. Boiled rice with butter fomentation
2. Padiga panneer drops

TABLE OF CONTENTS OF THE MEDICINES AND THEIR THERAPEUTIC USES

1 KUDINEER (Decoction)

Name of Medicines	*Therapeutic uses*
1 Nilavembu Kudineer	a Fever
2 Nochi Kudineer	a Fever b Fever with shivering c Vapour bath in cold
3 Thulasi Kudineer	a Fever
4 Milagu Kudineer	a Cold b Laryngitis c Pain abdomen d Antitode to Mercury, perchloride of mercury & arsenic e Pain in the throat
5 Inji Kudineer	a Cold b Vomiting c Loss of appetite
6 Adathodai Kudineer	a Fever b Cough c Bronchial asthma d Glossitis e, Stomatitis
7 Karuvelampattai Kudineer	a Glossitis b Stomatitis c Pain in the throat d Laryngitis e For gargling in Laryngitis
8 Thripali Koppuli Kudineer	a. Stomatitis b. Gingivitis c. Glossitis
9 Nallennei Koppulippu	a Gingivitis
10 Padiganeer Koppulippu	a Stomatitis b Glossitis
11 Alampattai Koppuli Kudineer	a Stomatitis b Glossitis

	Name of Medicines	*Therapeutic uses*
12.	Milagu Seeraga Kudineer	a. Gastritis b Abdominal pain
13	Kadukkai Kudineer	a Constipation b Diarrhoea c Dysentery
14	Drakshai Kudineer	a Constipation
15	Chukku, Milagu Kudineer	a Diarrhoea
16	Poduthalai Kudineer	a Diarrhoea in children
17	Kadukkaipoo, athividayam, Sirunagappoo Kudineer	a Dysentery
18	Mangustan thol Kudineer	a Dysentery
19	Amman Pacharisi Kudineer	a Dysentery in children
20	Nandu Kuzhineer (Crab's burrow)	a Hiccup
21	Elam, Seeraga Kudineer	a Vomiting
22	Imbural Kudineer	a Haemoptysis and Haematemesis
23	Keezhanelli Kudineer	a Jaundice
24	Neermulli Kudineer	a Retention of urine b General anasarca a Stone in the bladder
25	Sirupeelai Kudineer	a Retention of urine
26	Sirukeerai root Kudineer	a Retention of urine b Antitode to poison circulating in the blood
27	Aavarai panchanga Kudineer	a Diabetes
28	Mandoorathi Kudineer	a General anasarca
29	Thiripalai Kudineer	a Anal fissure
30	Vellaragu Kudineer	a, Leucorrhoea b Scabies c Ulcers d Skin diseases

Name of Medicines	Therapeutic uses
31 Karun Seeragam, Luvangapattai, Chukku, Chittramoolaverpattai, Sombu Kudineer	a Dysmenorrhea
32 Naval pattai Kudineer	a Menorrhagia and Metarrhagia
33 Athipattai Kudineer	a Menorrhagia and Metarrhagia
34 Maruthampattaikudineer	a Menorrhagia and Metarrhagia
35 Thottal Surungi Kudineer	a Menorrhagia and Metarrhagia
36 Nakkupoochi Kudneer	a Intestinal worms

II MATHIRAI (PILLS)

1. Chanda Chandrodayam	a Fever b Cold
2 Vasantha Kusumakaram	a. Fever b Fever with thirst c. Laryngitis d. Hiccup a Bronchial asthma
3 Swasakudori pills	a Laryngitis
4 Gorochanai pills	a Dysentery
5. Kabada Mathirai	a Headache
6 Neerkovai Mathirai	b. Cold a Insect bite
7. Sanjeevi Mathirai	b Intestinal worms a Insect bite
8 Poora Mathirai	b Intestinal worms
9. Meganatha Kuligai	

III. CHUNNAM

1. Vediuppu Chunnam	a Retention of urine b General anasarca

IV VATAKAM (tablets)

Name of Medicines	*Theropeutic uses*
1. Thalisadi Vatakam	a. Cough b- Bronchial asthma c Laryn itis d Diarrhoea e Sprue Syndrome
2. Vazhaipoo Vatakam	a Menorrhagia & metarrhagia

V NEI (Ghee)

1 Thuthuvalai nei	a Menorrhagia and Metarrhagia
2. Moola Kudara nei	a Whooping cough b Piles
3. Illupai nei	a Athlete foot

VI RASAYANAM

1 Gandaga Rasayanam	a Abscees, boils b. Scabies
2. Parangi Rasayanam	a Abscess, boils b. Scabies

VII MANAPPAKU (Syrup)

1 Adathodai Manappaku	a Fever b Bronchial asthma c. Cough d Whooping cough
2 Athi Manappaku	a Constipation b Anal fissure
3 Mathulai Manappaku	a. Vomiting

VIII KARUPPU

1 Kastoori Karuppu	a Cough b Bronchial asthma c Hiccup d Laryngitis
2. Sivanar Amirtham(nasyam)	a Insect bite

IX PODI (powder)

Name of Medicines	*Therapeutic uses*
1. Punpodi	a Scabies b. Ulcers
2. Vengara pachai	a. Scabies b Phrynoderma (toad skin)
3. Padai Sankaran	a. Ringworm

X AVIPIDITHAL (Vapour bath)

1. Nochi, brick Vapour	a Cold

XI KALAPPU MARUNTHU (Mixed Medicines)

1. Lemon Seed, honey	a Vomiting
2. Lemon pickles (saltish)	a Vomiting
3. Tender cocoanut water	a. Retention of urine
4 Black night shade leaf and green gram Kootu as side dish	a. Glossitis b Stomatitis
5. White of an egg and cow's milk	a. Haemoptysis and Haematemesis b. Glossitis c. Stomatitis
6. Country mallow kootu	a. Piles
7. Plaintain fruit, honey	a. Intestinal worms
8. Castor oil, breast milk	a. Constipation in children

XII CHARU (Juice)

1. Garlic Juice	a. Otitis media
2. Ginger juice	a. Cold,
3 Karpooravalli Juice	a. Measles, b Tonsillitis
4 Marulpattai juice	a. Otitis media
5. Radish juice	a Retention of Urine
6. Burnt Sugar-cane, Cardomomu juice	a. Hiccup
7 Thiruneetrupachai Juice	a Otitis media
8. Thashal Vizhuthu juice	a Leucorrhea

Name of Medicines	Therapeutic uses
16 Parangi Choornam	a Abscess, boils b Scabies
17 Karun Seeragam, Omam, Palasuvithu	a. Intestinal worms
18 Gorochanai	a Measles
19 Thippili Seeragam, mayil-aragu Choornam	a Hiccup
20 Milagu Seeraga Choornam	a Gastritis

XXI BUTTER
(Vennai)

1 Amirtha Vennai	a Anal fissure b Fissure foot c Abscess, boils d Ringworm
2 Kungilya Vennai	a Stomatitis b Glossitis c Burning sensation during micturition d Leucorrhoea e Gonorrhoea f, Anal fissure g Burns and Scalds
3 Vanga Vennai (Kalimbu)	a Abscess, boils b Scabies

XXII PATTRU
(Paste)

1. Amukkara pattru	a Minor injuries
2 Chukku Milaku pattru (Dried pepper paste)	a Headache
3 Inji pattru (Ginger paste)	a Headache
4 Kadukkai, Manjal pattru	a Athlete foot
5. Carbogi pattru	a Ulcers

Name of Medicines		*Therapeutic uses*
6 Kuppaimeni, uppu pattru	a	Insect bite
7 Manjal Chunnambu pattru (Turmeric slaked lime paste)	a	Abscess, boils
8 Manjal nallennei pattru (Turmeric Gingelly oil paste)	a	Athlete foot
9 Maruthonri pattru	a	Athlets foot
10 Oosithagarai pattru	a	Ringworm
11 Pelapajhi pattru	a	Ringworm
12 Pulipppa pattru (Tamarind, Salt paste)	a	Sprain
13 Rathabola pattru	a	Minor injuries
14 Thane Chunnambu (Honey, lime paste)	a	Abscess, boils
15 Uppu pattru (Salt paste)	a	Scorpion sting
16 Veppilai, manjal pattru (Neem leaves turmeric paste)	a	Measles

XXIII POOCHU (Paint)

1 Chunnambu thelineer, thengai ennai (Slaked lime, Coconut oil)	a	Burns and scalds
2 Chunnambu Vengayam Poochu (Lime Onion rub)	a	Scorpion bite
3 Chunnambu poochu (Slaked lime paint)	a,	Insect bite
4 Erukkanpal poochu (Calatropis juice paint)	a	Corns
5 Poondu, thane poochu (Garlic, honey paint)	a	Tonsillitis
6 Panineer poochu (Dew water paint)	a	Ringworm

XXIV. CHENDURAM

Name of Medicines	*Therapeutic uses*
1. Abraka Chenduram	a. Diabetes
2. Annabedhi Chenduram	a. Diarrhoea b. Jaudice c. Leucorrhoea d. General anasarca
3. Aya Chdnduram	a. Generai anasarca
4. Gowri Chintamani	a. Headache
5. Kantba Chenuram	a. General anasarca b. Diabetes
6. Loha Mandooram	a. General anasarca
7. Mandoora Chenduram	a. Jaundice
8. Padigalinga Chendurm	a. Diarrhoea b. Dysentery
9. PoongaviChenduram	a. Dysmenorrhoea b. Haematemesis and Haemoptysis
10. Uppu Chenduram	a. Gastritis
11. Vedi Annabedhi Chenduram	a. General anasarea
12. Ayaveera Chendusam	a. Dysmenorrhea
13. Pattu Karuppu Chenduram	a. Dysmenorrhea

XXV BARPAM

1. Amaiodu barpam	a. Diarrhoea in children
2. Curu parpam	a. Measles
3. Karuvanga barpam	a. Retention of urine b. Diabetes c. Piles
4. Mankombu barpam (Sirungi barpam)	a. Measles
5. Muthu Chippi barpam	a. Haemoptysis and Haematemesis b. Piles c. Scabies d. General anasarca

Name of Medicines		*Therapeutic uses*
6	Naga barpam	a Piles
7	Nandukkal barpam	a Retension of urine
		b General anasarca
1	Nathai barpam	a Dysentary
		b Piles
		c, Diarrhoea in children
9	Padikara barpam	a Glo sitis
		b Stomatitis
		c *Jaundice*
10	Palakarai barpam	a. Jaundice
11.	Pravala barpam	a, Cough
		b Bronchial asthma
		c Scabies
12	Sangu barpam	a Jaundice
		b Tonsillitis
		c Leucorrhoea
13	Silajat barpam	a Dysentery
		b Glossitis
		c General anasarca
		d Jaundice
		e Leucorrhoea
		f Stomatitis
		g Retention of urine
		h Haemoptysis and Haemetemesis
14.	Velvanga barpam	a Leucorrhoea
		b Piles
		c Retention of urine
		c Haemoptysis and Haemetemesis
15.	Viralmeen thalaikal barpam	a Retention of urine
16.	Kungilya barpam	a Glossitis

XXVI LEGHYAM

	Name of Medicines	*Therapeutic uses*
1	Lavanga leghyam	a Diabetes
2	Imbural leghyam	a Haemoptysis and Haemetemes
3	Kakkuvan leghyam	a Whooping cough
4,	Karunai legyam	a Piles
5	Kesari leghyam	a Vomiting
6	Narathai leghyam	a Vomiting
7	Thethan kottai leghyam	a Piles
8	Venpoosani leghyam	a Leucorrhoea
9	Gunma Kudori leghyam	a Gastritis
		b Dysmenorrhoea
10	Mukkadu leghyam	a Common cold
		b Abdominal colic
		c Dyspepsia
		d Burning sensation during micturition
		e Diarrhoea
		f Loss of appetite
		g Flatulance
		h Vomiting

XXVII THAILAM

1	Karpoorathi thailam	a Whooping cough
		b Bronchial asthma
2	Kukkil thailam	a Bronchial asthma
		b Minor injuries
		c Sprain
3	Keezhanelli thailam	a Jaundice